

"Festive Family Thanksgiving Cookbook"

Recipe



Mushroom Gravy

Serves 8 ● Preparation time 20

Simmering time 30 minutes

½ cup finely sliced celery	2 - 14 oz. cans of fat free chicken broth
½ cup chopped carrots	1 package dried mushrooms (.35 oz.)
½ cup chopped onion	¼ cup all-purpose white flour
3 cloves of garlic, peeled	¼ tsp. hot pepper sauce
a pinch of dried sage	a pinch of dried thyme
nonstick cooking spray	

Coat a large nonstick saucepan with cooking spray. Add celery, carrots, onions, garlic, sage and thyme. Cover and cook, stirring occasionally, over medium heat for 10 minutes. Add broth and mushrooms. Cover and simmer 30 minutes.

Using a slotted spoon, remove the mushrooms. Chop mushrooms finely. Set aside.

Pour gravy mixture into a blender, add flour and puree.

Return mixture to the pan. Add hot sauce and mushrooms. Reheat to a boil. Serve warm.

Nutrition Facts Per Serving: 41 Calories, 88 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

" A perfect topping for mashed potatoes and turkey. This gravy is so flavorful you won't miss the traditional gravy that is high in fat. You can make it ahead of time and not fuss with the turkey drippings. It has such a wonderful bouquet you might want to use it as a stock for soups as well."

Sandy Wales, Health Educator Assistant

